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HEALTH WEEKLY

The W. B. Banks Library
Prairie View University
Prairie View, Texas

a student publication

Vol. 2, No. 19

Prairie View A & M College of Texas

March 25, 1949

STATE NEWS SUMMARIZED

Burleson County Stages Resource Use conference. Record attendance - Health is central theme.

....
Bell County group meet at Belton For Health Discussion.

....
Marion County schedules Two-day Clinics for all county school children. Evaluation Program impressive.

....
Tri-County Workshop begun at Carthage. Mrs. F. E. Vaughn organizes Panola, Shelby and San Augustine teachers. Areas include Library, Health, and Teaching Methods. College Consultants will visit.

....
Nutritional Diet surveys completed by Mrs. Ruth Payne. Materials go to General Mills for scoring. Functional Projects promoted in test school. Spot checks scheduled for May.

....
Students urged to join State Association for Health, Physical Education and Recreation. Prairie View 79 student members short of quota. National Convention Scheduled for Boston April 19-23. 1950 meeting will be held in Dallas.

....
Mt. Pleasant sets date for Health Confab. Schools initiate Spring Health Projects; organized health council.

....
State Health Director visits Jasper Center. Accompanied by Miss Marion Miller, Health Coordinator at Stephen F. Austin. Mr. Lewis Spears impressed with local interest.

....
Parent - Teachers group meet in Huntsville. Improving Health is topic. In-service course emphasizes Health Instruction - Methods, Materials.

....
Texas Health Education Council will convene April 6. Texas Elementary Principals and Supervisors Conference scheduled for April 7, 8, 9. in Austin.



BUY EASTER SEALS

The Texas Society for Crippled Children offers educational opportunities to 11,000 children, who, because of physical disabilities, are unable to attend regular school; teaches trades and business to 2,000 Hospitalization and Medical care have been provided 7,500 less fortunate youngsters; Transportation was furnished 80 children who did not have the means to travel to medical centers; our Cerebral Palsy Program now has 14 Treatment Centers in which 1,113 children are being started on the road to a more normal life.

Your continued support will enable the Society to expand its program to meet other needs ... for example, those afflicted with speech, hearing or sight defects, epilepsy and congenital heart disease.

HELP CRIPPLED CHILDREN

Health Weekly

Published each week by students in
"Methods and Materials of Health Education."

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"In our modern world the ability to cooperate with others on an equal basis is more and more essential. Each person is increasingly dependent upon others for livelihood, his comfort, his safety and security."

"Fitness For Living"

We have seen the boys and girls in your classes bring with them vastly different aspects of heredity and environment. Every teacher must be aware of these differences, but a special responsibility falls upon the teacher of physical and health education, because, by the nature of these subjects, he has a task not carried by anyone else in the school. This unique task is to help boys and girls in developing the power of the organism, what physiologists call the power to perform units of work. In each individual this power for living is made up of that individual's particular pattern of interaction of the internal and external factors we are discussing. We think of this total interacting pattern

as the fitness of the individual.

Fitness for living in our society involves a concept of the total functioning person within a democratic society, a society which is technological in a world which is economically interdependent. The concept must include body structure, physiological functioning, emotional balance, and direction, and social skills adequate to the stress of life today. This body instrument must have power to act, not in the day and world of Benjamin Franklin or Abraham Lincoln, but now.

Fitness is the total concept of a unique configuration for each individual interacting in his particular world. In everyday speech we recognize the "specificity" of fitness in such phrases as "fit for the job", "fit to teach," "fit to fight", and "fit to be parent." These concrete perceptions of individual adequacy to meet social demands give content and reality to the total conception of fitness for living in our society.

In making the effective body instrument for today's living, power to act is actually dependent upon endurance of two kinds, the ability for sustained activity over long periods and spurts of strenuous efforts for short periods of time. Endurance may be thought of as the power of the organism to resist fatigue and continue muscular action. The bases of fatigue, both physiological and emotional, and the principles of training as means of taking care of fatigue products should be understood in relation to building the endurances of the individual through physical activities.

Power and skill and motivation to act cannot be satisfactorily attained by individuals who are malnourished, emotionally disturbed, suffering from chronic infection or disease or lack of adequate sleep and relaxation. Organic fitness, the power and skill and motivation to act, determining the level of functioning; but organic fitness is in turn determined not only by internal factors but also by environmental conditions and social demands.

Leon English

Our Health And Our Prejudices

Doctors who concern themselves with mental ills frequently say that America is a sick nation, and as proof of it point to the evidence that ours is a prejudice ridden land.

Admitting that out of prejudices mental conflicts can arise that may affect physical as well as mental health. We must take note of the fact that to abolish conflict completely would be to abolish existence. The organism must struggle to stay alive and each person must fight to succeed. If we are to survive as a civilization we must fight individually and collectively for things we believe in.

Every leader, every man of science every innovator who helps push civilization on its way is no stranger to conflict. Such leaders experience mental conflict in making up their minds about what is right, and once they have made up their minds they are frequently pulled in opposite directions by their conscience and social influences.

Conflicts arising out of prejudices are based on ignorance rather than knowledge. They are not integrating but disintegrating; they are senseless, futile and wasteful of the health and strength we should reserve for the great tasks that lie before us.

Prejudice is subtle. Like a slow poison it conceals its ultimate consequence building up our resistance to facts. It penetrates itself into the mind and generates influences which may affect health and our behavior.

A few countries can afford prejudices; here in America we can afford then least of all. Some countries have a high degree of racial and religious homogeneity; that is the people all have similar origin, religion, national beliefs, and manners. But here in America we have people of all nationalities, religions, economic standards and social origin differs yet we must live side by side.

In such a situation there is urgent need for healthy mental attitudes toward our fellow citizens. The theoretical bases for our way of life is the guarantee of equal rights, opportunities and equal protection under the law. Many children's books, radio programs, and movies attempt to stress the democratic ideal. If on this

ground work we erect a superstructure of that peculiar social hypocrisy, known as the double standard, we certainly are not offering the best possible opportunity for our children to grow up with healthy minds.

The healthy human being needs an anchorage in belief. When a child learns that his parents talk one way and act another he is deprived of the essential feeling of security that arises from confidence in the superior judgement, wisdom and fairness of his elders. Preparation for openmindedness can be developed through the physical and biologic sciences orienting young minds toward the idea of relying on discovered facts rather than assumptions. Small children have no prejudices. It is only when they are exposed to a little learning they pick up their warped attitudes.

This should be the natural career of every person to grow strong, to protect the weak, and to raise the lower level of the well being without lowering the higher.

Preventing and Curing Rickets

Nowadays, the physician has at his command, Mead's Oleum Percomorphum, a council - accepted Vitamin D Product which actually prevents and cures rickets, when given in proper dosage.

Like other specification for other diseases, larger dosage may be required for extreme cases. It is safe to say that when used in the indicated dosage, Mead's Oleum Percomorphum is a specific in almost all cases of rickets regardless of degree and duration. Because of its high deficiency conditions such as tetany, Osteomalacia and xerophthalmia.

Higher Calcium Standards for Adults Put More Emphasis On Dairy Products

Without milk or its products, it is almost impossible to meet daily calcium needs with common foods. This is especially true in view of the recently revised calcium standards for the average adults. A recent re-examination of requirements has resulted in raising the recommended daily allowance for calcium from 0.8 to 1.0 gm. per day for normal adult maintenance at all activity levels.

HEALTH NOTES

The Community Health Council

The health council is potentially one of the most valuable and powerful health forces in a community. It provides an opportunity to involve a large number of people in the democratic process of solving their own problems by group action. Health problems are problems of people; and while the responsibility for keeping healthy rests primarily with the individual, some problems, such as the control of communicable diseases, cannot be solved by individual action.

Furthermore, the source of many health problems is found in the general community environment or the current and economic conditions or in some other situation beyond the control of any single individual. The health council provides means of utilizing the resources of a community to solve the health problems of the individual and the community. It can serve as a tool for joint thinking and planning to create a more satisfying life for the people of the community.

Texas Morbidity for 1948

This annual summary shows the reported incidence of communicable diseases in Texas by counties for the calendar year of 1948. For comparison, the total occurrence of these diseases during 1947 is indicated.

It is interesting to note that there was a significant decrease in the prevalence of influenza, whooping cough, mumps, and typhus fever, Measles, poliomyelitis, and tularemia showed, on the other hand, a marked increase during 1948. There was no significant change in the occurrence of the remainder of the reportable diseases during the year.

Physicians and Health Officers throughout Texas should urge everyone to be vaccinated against all these diseases periodically in order to prevent similar outbreaks of the diseases in the State.

Disease	Total 1947	1948
Chickenpox	17,243	17,519
Diphtheria	1,125	924
Dysentery	15,863	20,920
Gonorrhea	28,298	27,062
Influenza	116,564	76,823
Malaria	4,729	3,577
Measles	8,297	51,121
Meningitis	245	242
Mumps	17,202	9,722
Poliomyelitis	183	1,765
Pneumonia	9,213	10,863
Scarlet Fever	1,504	1,296
Smallpox	15	4
Syphilis	20,906	20,489
Tuberculosis	8,808	13,298
Tularemia	41	74
Typhoid Fever	317	318
Typhus Fever	610	344
Undulant Fever	460	561
Whooping Cough	21,558	12,053

Texas Morbidity This Week
Week Ending March 12, 1949

Disease	Reported Cases	7 Yr. Median	Total
Chickenpox	1,380	639	10,560
Diphtheria	19	33	224
Dysentery	136	265	3,466
Gonorrhea	430	430	4,883
Influenza	1,873	1,873	22,436
Malaria	34	77	317
Measles	3,750	1,310	24,108
Meningitis	9	12	81
Mumps	542	347	3,915
Poliomyelitis	7	1	88
Pneumonia	586	434	4,838
Scarlet Fever	49	64	366
Smallpox	4	1	4
Syphilis	363	379	3,388
Tuberculosis	157	157	1,724
Tularemia	0	0	13
Typhoid Fever	2	2	33
Typhus Fever	6	9	47
Undulant Fever	4	7	55
Whooping Cough	123	230	1,162

AROUND THE CAMPUS

G. Nickerson, what are you going to do when D. A. Anderson leaves the campus?

B. McDonald, which is better, pineapple malts or L. Standifer?

M. L. Bernathy, why are you walking alone on the campus? Is it because of your prestige as a teacher?

B. Grisby, is your interest in the "Y" purely academic?

W. T. Miller, why not try R. Sewell again? We see her walking by herself now.

B. C. Reese, can't you see you have lots of admirers? Why not devote your time to observation instead of track? We are anxious to see the lucky fellow.

M. Shelton, I wouldn't be too sure of myself about J. Snipes. Strange things are happening everyday.

A. Hollins, you will have to go to Hollywood to be a glamour girl.

J. M. Cotton, I would take it easy. Spring comes around once a year, huh O. Fobbs?

I. Hightower and W. Reed seem to make an ideal couple.

P. Paige, you seem to be quiet lately. Could it be because of T. Crawford's going to do his student teaching?

J. Jones, will you walk alone the rest of the semester?

W. T. Grady, there is a certain young lady who admires you a lots. Why don't you try inquiring?

M. Pleasant, everybody knows that you are crazy about McDonald. Why don't you straighten up and fly right?

"Judge" Scott is first love and last love, eh A. V. Pipkin?

Here is a tip to you guys and gals whose boy and girl friends have been away practicing teaching --- stop booging children because Friday and Saturday will be your last boogie.

Say C. Mack, why don't you stop acting cocky? We see you.

L. Taylor, why are you singing "Get Yourself another Fool?"

Well, Jim Bradley, how many more after Hazel Mathis? Did you say two more this semester?

L. Fonteno, we see you but we don't hear you. Call again.

S P O R T S

P V TRACK TEAM TO MAKE
XAVIER RELAYS

Alfred Priestley head coach at Xavier university, announced that the annual track and field meet of Xavier will be held on April 2.

Among the school's which will be represented this year are P V, Tuskegee, Grambling, Wiley, Florida Dillard, Texas College, Texas State and Bishop, Arkansas State and Southern university.

P V INTRAMURAL PROGRAM PROGRESSES

The Prairie View intramural program started last week. A golf tournament was first to be put into operation. It is making great progress. Mr. Britton is in charge of the golf tournament. They have played all of their first round games.

The tennis tournament under the supervision of Mr. Ben Young is about to get underway. Information concerning the tournament may be secured from him.

Also, the intramural basketball tournament is in the making. Each dormitory is supposed to have a team. Information concerning the basketball tournament may be secured from Mr. Oscar Pipkens Jr.

THE GIANT'S FIRST NEGRO ROOKIE

John Ford Smith, former Kansas City Monarchs pitcher, signs up under Manager Leo Durocher of the New York Giants after donning a Giant's uniform for practice at the Giant's Phoenix Arizona, camp. Smith, first colored player to be signed by the Giants, is expected to be farmed to the club's Jersey City team (the International League).

WAINER ON WEST POINT'S
CINDER PATH SQUAD

Douglass Wainer, 22-year old cadet of Norwalk, Conn., is the first colored athlete to represent the United States Military Academy at West Point in intercollegiate competition since the school's establishment in 1802. Wainer, member of the track team, specializes in the middle distances and relay races.

A former member, first lieutenant in the 617th Bombardment Squad, Cadet Wainer was appointed to West Point by Congressman Adam C. Powell of NYC.

P V WINS COUNTY TRACK MEET

The Prairie View high school journeyed to Pattison last Friday where they were successful in winning the county meet.

Only four events were carried out, in which the Prairie View team won first and second in all but one event, placing only first in that. First and second was won in the 100yd. dash; first and second was won in the 220yd dash; first and second was won in the broad jump; and only first was won in the mile run by the team.

The schools participating were Samuel Clemens (where meet was held) Brookshear, and Prairie View. The team will journey next to Navasota on the 8th of April where the district meet will be held.

RALPH METCALFE, FORMER UNITED STATES SPRINT CHAMPION, was recently chosen as a member of the Ill. Athletic Commission.

Ralph was one of the nation's fastest sprinters in 1932 under the direction of Con Jennings at Marquette University.